Estimating Daily Caloric Needs

Using the Harris-Benedict principle

Step #1: Calculate your BMR with the following formula.

Women
655 + (4.35 x weight in pounds) + (4.7 x height in inches) - (4.7 x age in years)

Men
66 + (6.23 x weight in pounds) + (12.7 x height in inches) - (6.8 x age in years)

BMR=_____

Please note that this formula applies only to adults.

Step #2: Calculate Activity.

If you are sedentary : BMR x 1.2

If you are lightly active: BMR x 1.375

If you are moderately active (You exercise most days a week.): BMR x 1.55

If you are very active (You exercise daily.): BMR x 1.725

If you are extra active (You do hard labor or are in athletic training.): BMR x 1.9

Daily Caloric Needs = _____ (to maintain current body weight)

Daily Caloric Needs – 20% = Caloric Deficit (to lose body weight)

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